


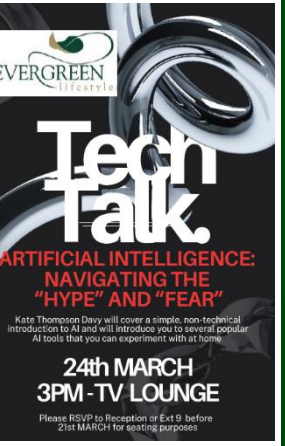










MARCH 2025

EVENT CALENDAR

EVERGREEN
lifestyle
muizenberg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 7am Walking group 8am Waterless Carwash 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 6pm Camera Club 7pm Canasta	 <small>Dear Residents,</small> IF FIXED Lenten for Life sounds good ... How about LESS Lenten for life? Or even NO Lenten for life? Imagine the possibilities: like taking the holiday as we always dream of, embarking on a new adventure, exploring the possibilities, or simply enjoying life's little luxuries. Well now you can. Thanks to Evergreen's latest month-long initiative, Switch & Save, available exclusively to existing Evergreen residents. To find out how you can switch and save, and enjoy more financial freedom, please join us for a short presentation on Wednesday 19 March, at 11am, in the TV Lounge. We look forward to seeing you there! This really is an opportunity you can afford to miss. Please RSVP to the village management team. <small>Karl Engel Community Manager Managing Director Evergreen Lifestyle Village</small> <small>Call: 021 808 1000 info@evergreenlifestyle.co.za www.evergreenlifestyle.co.za</small>	 Roundabout Singers! Come experience the magic of a group of people who love to sing in harmony for the joy it brings! THURSDAY 13 MARCH 2025 6.30 - 8 PM EVERGREEN LIFESTYLE CENTRE The eclectic mix of songs will range from the Beatles to South African hits and move to wide variety of works from classical and present-day singers and composers. TICKET: R20 /PERSON <small>PLEASE BOOK AND PAY FOR YOUR TICKET AT RECEPTION BEFORE TUESDAY, 5 MARCH 2025</small>	 MUSIC+MOVE+CONNECT WEDNESDAY, 19 MARCH @ 11am Discover the path to well-being - R50pp MUSIC Using head phones that are given to you on arrival, you will be guided through a musical journey to get you moving & grooving, feeling excited and happy. MOVEMENT Dancing is one of the best things to do for your body. Like other forms of cardio-exercise, dancing also has mood and mind benefits. CONNECT Connection is the key and movement is a doorway, be inspired to change your mindset. Learn to express yourself creatively in a comfortable space! Karen Justine awaits you with open arms! This exciting opportunity is subject to a minimum number of participants. Please book and pay for your place in this group with reception by no later than 3pm on MONDAY, 17th MARCH. We reserve the right to cancel this activity in the event that we do not have a minimum of 20 participants.	 Tech Talk ARTIFICIAL INTELLIGENCE: NAVIGATING THE "HYPER" AND "FEAR" Kate Thompson Davy will cover a simple, non-technical introduction to AI and will introduce you to several popular AI tools that you can experiment with at home. 24th MARCH 3PM - TV LOUNGE <small>Please RSVP to Reception or Ext 9 before 21st MARCH for seating purposes.</small>	1 John Adams Fruit & Veg 1.45pm Canasta 	2 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – SPIT BRAAI
3 7am Walking group 9am Art with Steph 9.30am Bus to Longbeach Mall 10am Waterless Carwash 10.30am Aqua Aerobics 12pm Pilates 7Pm Canasta	4 SHROVE TUESDAY – Pancakes 9.15am Stretch Exercises for Seniors 3pm Colour-in Mandala 	5 ASH WEDNESDAY 7am Walking group 8.30am Riaan's Fruit van 9.30am Ageless Grace 10am Bible Study 10.30am Switch & Save Talk – Evergreen Sitari 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble 2.30pm Dementia Support Group	6 9am Art Group 9.30am Knitting Group 10am Kind2Hearing 7pm Canasta 7pm Dramatic Society	7 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis	8 John Adams Fruit & Veg 1.45pm Canasta 6pm Resident's Braai 	9 CAPE TOWN CYCLE TOUR 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu
10 Wind-O-Wash 7am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 2.30/3pm Poetry Club 7pm Canasta	11 Wind-O-Wash 9.15am Stretch Exercises for Seniors 10.30am Line Dancing 10.30am Nutty Nuts 2.15pm Book Club	12 7am Walking group 8.30am Riaan's Fruit van 9.30am Ageless Grace 10am Bible Study 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble	13 9am Art Group 9.30am Knitting Group 3pm BINGO 6.30pm Round-About Singers 7pm Canasta 7pm Dramatic Society	14 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 6.30pm Social Dinner	15 John Adams Fruit & Veg 1.45pm Canasta 6pm Quiz Night 	16 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu
17 ST. PATRICK'S DAY 7am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 7pm Canasta 	18 9.15am Stretch Exercises for Seniors 10.30am Line Dancing 3pm Colour-in Mandala 6pm Photographic Tour of London; Lights & Gardens in the sky – Hugh Till 	19 7am Walking group 8.30am Riaan's Fruit van 9.30am Ageless Grace 10am Evg Sales Morning 10am Bible Study 11am Music + Move + Connect with Karen J 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Dementia Support Group 2.30pm Scrabble	20 9am Art Group 9.30am Knitting Group 2pm RESCOM Meeting 4.30pm Arabella Wine Tasting 7pm Canasta 7pm Dramatic Society	21 HUMAN RIGHTS DAY – Public Hol 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis	22 John Adams Fruit & Veg 1.45pm Canasta 	23 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu
24 7am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 2.30/3pm Poetry Club 3pm AI: Navigating the 'Hype' & 'Fear' with Kate 7pm Canasta	25 No Stretch Exercises for Seniors 10.30am Line Dancing 10.30am Nutty Nuts 2.30pm Stitchcraft 3pm Oefen Afrikaans	26 7am Walking group 8.30am Riaan's Fruit van 9.30am Ageless Grace 10am Bible Study 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble 3pm Christine's Farewell	27 9am Art Group 9.30am Knitting Group 3pm BINGO 7pm Canasta 7pm Dramatic Society 	28 7am Walking group No Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 6-8pm Pub Night - BYO	29 John Adams Fruit & Veg 1.45pm Canasta	30 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu 